A non-profit community health center established in 1971 to ensure that Asian Americans in New York City have access to quality health care

Prenatal Care: Take Care of Yourself and Your Baby

An Interview with Dr. Kin Kong

Dr. Kin Kong received his medical degree from the State University of New York Health Center at Brooklyn and specializes in obstetrics and gynecology. At the Charles B. Wang Community Health Center (CBWCHC), he is the senior OB/GYN attending physician. Dr. Kong has delivered more than 2,000 babies in the last five years. He delivered two New Year's babies who made headlines in 2007 and 2009. Dr. Kong is on-call very often. He enjoys his job because it allows him to "bring so much joy and hope to people's lives." Dr. Kong answers our questions:

Why is early prenatal care so important?

As the father of two children, I understand how badly parents want their baby to be healthy. However, many people don't know that receiving early prenatal care greatly improves their chances of having a healthy baby. Prenatal care during the first three months of pregnancy is especially important for a fetus' growth and development. If you see a doctor early and get regular check-ups, you will know how your baby is doing. You can find out about small problems or even correct them before they become bigger ones.

What can happen if a woman does not get prenatal care during the first three months of her pregnancy?

Last year, I had a patient who didn't see a doctor until she was five-months pregnant. Her mother and grandmother never received prenatal care, so she thought she did not need it either. I found out she had high blood pressure, which made her baby



Director of Women's Health Rebecca Sze and senior OB/GYN attending physician Dr. Kin Kong with the first baby of 2009 in NYC

much smaller than normal. If her blood pressure remained high, she might have had serious health problems and delivered the baby too early. Fortunately, we got her blood pressure under control, and the baby was fine. However, the baby could have been healthier if the mother saw us earlier. It is important to get prenatal care as soon as you know you are pregnant. Also, keep all your appointments, even if you feel fine.

Why do pregnant women have to see other health care providers in addition to the doctor?

Doctors can't do it all. We need nurses. nutritionists, genetic counselors, social workers, health educators, and family health workers. Doctors rely on nurses to care for patients and on nutritionists to make sure the patient has a healthy diet. We depend on genetic counselors to help patients make important decisions and social workers to counsel patients on social and family issues. Doctors also need health educators who teach patients how to care for themselves and their babies. We then work with family health workers to organize care and follow-up with each patient. Together, we can help mothers and their babies stay healthy.

CBWCHC is dedicated to providing comprehensive and high quality care to patients. At the Women's Health Department, women also receive low-cost or free family planning services and gynecological care. We offer:

- Medical check-ups and access to specialists, e.g. genetic counselors, nutritionists
- Hospital care during pregnancy and delivery
- Hepatitis B testing and counseling
- Confidential HIV/STI testing, counseling, and treatment
- Education on pregnancy, delivery, and postpartum care and newborn care
- WIC program
- Family planning

If a pregnant woman has no health insurance, the health center can help her enroll in the free Prenatal Care Assistance Program (PCAP) regardless of her legal status.

To find out more about women's health services, please call (212) 966-0228 (Chinatown) or (718) 886-1200 (Flushing).

Healthy Foods for a Healthy Chinese New Year:

During Chinese New Year, we like to entertain friends and family by throwing parties and making festive foods.

However, these foods can be high in sugar, salt, or fat and low in nutritional value. To start off with a healthy lifestyle for the new year, here are some tips to choose and prepare healthy food for your Chinese New Year celebration:

- Family and friends who have diabetes, high blood pressure, and high cholesterol need special attention when it comes to food. Read food labels and choose foods that are low in sugar, salt, and saturated fat.
- Avoid processed and preserved foods like pickled vegetables and canned products. Instead, use fresh ingredients.
- Check pre-packaged food for expiration dates and make sure the packages are sealed. For unpackaged food, pay attention to the cleanliness of the store.
- Try dried fruits, baked snacks, and unsalted nuts as healthier alternatives to any sugary or fried traditional snacks.
- Cook healthier by steaming, grilling, and baking. If you must fry, use healthier oils like canola and corn oil.
- Flavor dishes with garlic, onion, shallots, and ginger instead of sauces that may have lots of sugar or salt. If you use sauce, put it in a separate bowl or dish, so you can control how much you use.

Free Hepatitis B Screening

Free Hepatitis B Screening and Counseling!

Call (212) 379-6996 or (718) 886-1212 for an appointment.

Keep Warm. Protect Yourself from Hypothermia and Frostbite.

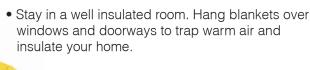
In the winter, the extreme cold, wind, snow, and ice increase your risk for hypothermia and frostbite. You can get hypothermia when your body's temperature drops to a dangerous level from the cold weather. Hypothermia causes shivering, drowsiness, exhaustion, confusion or memory loss, and slurred speech. Frostbite occurs if you are exposed to the cold for a long time, and your skin freezes. When rostbite, you lose feeling, and your skin has a white or

you have frostbite, you lose feeling, and your skin has a white or pale appearance. People with hypothermia or frostbite need medical attention right away. To help prevent these conditions:

- Check the weather report, so you can dress properly.
- Wear a hat or scarf to cover your head. Much of your body's heat is lost from your head.
- Wear layers of clothes to protect your body from the cold.
- Keep your clothing dry. Remove any layer that becomes wet.
- Stay in a warm room during the coldest days. This is especially important for young children and the elderly.

What to Do if You Lose Heat

Heat and hot water are essential to every household. If you lose heat and hot water service, tell your building owner or superintendent. Follow these tips to keep you and your family safe and warm:



- Dress warmly. Wear hats, scarves, gloves, and layers of clothes.
- Use portable heaters that are approved for indoor use.
- Turn on the faucets to a steady drip to prevent the pipes from freezing.

If the building owner or superintendent does not correct the problem, call 311 for the Department of Housing Preservation and Development (HPD). Stay with friends, family, or neighbors until heat is restored.

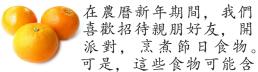
Stay Healthy. Get a Check Up. Make an appointment! Call or visit us at:

 268 Canal St., New York, NY 10013
 Internal Medicine 212-379-6996
 Women's Health 212-966-0228

 125 Walker St., New York, NY 10013
 Pediatrics 212-226-3888
 Dental 212-226-9339

 136-26 37th Ave., Flushing, NY 11354
 Internal Medicine, OB/GYN 718-886-1200
 Pediatrics 718-886-1222

健康飲食--過一個健康的農曆新年:



有高糖、高鹽或高脂而營養價值卻不高。如何選擇和烹調健康的食物來慶祝農曆新年,從而在新年開始健康的生活方式?下面提供一些建議。

- 有糖尿病、高血壓和高膽固醇的家人和朋友,在飲食上有特別的要求。請仔細查看食品的營養標籤,選擇低糖、低鹽和飽和脂肪含量低的食物。
- •選用新鮮材料,避免加工食品和 醃製品,比如醃菜和罐頭。
- 查看包裝食品的過期日, 並確保 包裝封口完好。選購散裝食品 時, 注意商店是不是清潔。
- •選用更健康的乾果、烘製品和無 鹽堅果來代替傳統的高糖或油炸 點心。
- •使用更健康的烹調方式,包括清蒸、燒烤和烘焙。如果必須油炸,使用更健康的油,比如菜籽油(Canola)和玉米油。
- 調味時,使用蒜頭、洋蔥、紅蔥頭和薑,取代可能含有大量糖或鹽的醬汁。如果要用醬汁,分開盛放在另外的碗碟中,方便控制使用量。

免費乙型肝炎篩檢

免費乙肝篩檢和諮詢!

請致電(212) 379-6996 或(718) 886-1212預約。 冬天要保暖, 預防體溫過低和凍傷。



- 查看天氣預報, 因應天氣情況穿上合適的衣服。
- 帶上帽子或圍巾保護頭部。身體大部分的熱量是從頭部 散失的。
- 穿多層的衣服來保暖。
- •保持衣服乾爽, 脫去濕了的衣服。
- 在最寒冷的日子裡,待在溫暖的房間裡。這點對幼兒和 老年人特別重要。

如果暖氣停了怎麼辦?

暖氣和熱水是每個家庭的基本需要。如果你家的暖氣和 熱水停了,告訴房東或房屋管理員。請參考下列建議, 讓你家安全又溫暖。



- 待在密封良好的房間裡。在窗前和門 道上掛上毯子,以阻止暖空氣流失, 抵擋室外冷風。
- •穿保暖的衣服。衣服要多層,帶上帽子、手套和圍巾。
- 選擇符合室內使用的移動式取暖器。
- •為防止水管結冰,把水龍頭打開一點點,讓水可以持續不斷地滴下來。

如果房東或管理員不解決問題,致電311,跟紐約市住屋 保護發展局取得聯係。到親戚朋友或鄰居家裏去,等到 暖氣恢復後再回家。

健康乃是無價實,定期體檢身體好。

請與本中心預約做定期身體檢查, 你可到下列任何一間醫療中心就診:

華埠堅尼路 268號,郵政號碼 10013 華埠獲加街 125號,郵政號碼 10013 法拉盛 37大道 136-26號,郵政號碼 11354

內科部 212-379-6996 兒科部212-226-3888 內科, 婦產科部 718-886-1200 婦女健康部 212-966-0228 牙科部212-226-9339 兒科部 718-886-1222



Charles B. Wang Community Health Center

王嘉廉社區醫療中心

王嘉廉社區醫療中心成立於1971年,是一所非牟利的健康醫療機構,致力於為紐約的美國亞裔提供優質的醫療保健服務

產前護理要盡早,產婦寶寶身體好。

-江建晶醫生專訪

為什麼盡早接受產前護理非 常重要?

我理要多得大內別期長些處理要多得大內別期長之個孩母寶如康孕期兒看知道個父寶如康孕期兒看知道個父寶如康孕期兒看知道個父寶如康孕期兒看知道個懷對妳可問題,健懷對妳可問題,是主寶發生人內別期人人。 我地很做就月特定生實發重。 我地很做就月特定生一前題。

如果孕婦在懷孕期的頭三個 月內不做產前護理,會有什 麼後果?



婦科部主任施蔡健芬及江建晶資深婦產科醫生與紐約市2009年新年寶寶合照。

除了醫生以外,為什麼孕婦 還需要其他專業醫護服務?

醫全養康生確要重人諮來寶為護媽婦需問庭病康幫要和要問題所士工員營門人來問教已護種類不務遺員護人學決有醫病們跟務實人。助社社健顧庭到起。所士工員營門人來問教已護種幫人。助社社健顧庭到起。所士工員營門人來問教已護種幫人。助社社健顧庭到起。所士工員營門人來問教已護種幫人來問教已護種幫人來問教已護種幫人來問教已護種幫與不不務。

王嘉廉社區醫療中心致力於為病

人提供全面優質的醫療服務。在 我們的婦女健康部,婦女可以 獲得收費低廉或免費的家庭計 劃和婦科服務。我們提供:

- 體檢,專科服務,例如: 遺傳學顧問、營養師
- •懷孕期和分娩時所需的住院 醫療照護
- 乙肝測試和諮詢
- 保密的愛滋病病毒和性傳播 疾病的測試、諮詢和治療
- 有關懷孕、分娩、產後護理 和新生兒護理的教育
- 婦孺營養(奶票)計劃
- 家庭生育計劃

如果孕婦沒有醫療保險,不論 她身份合法與否,只要符合有 關條件本中心都能協助她申請 免費的孕婦醫療補助計劃。

詳情請電婦女健康部,電話 (212)966-0228(華埠),(718)886-1200 (法拉盛)。